

HOW TO HELP: RESILIENCE

WHAT DO YOU ENJOY?

Taking the time to focus on the positives in our lives can help us in the long term when it comes to resilience. For the next 7 days why not write down 3 positives about your day.

Eg. You did well in a test, saw a friend or ate some really good cake...

Resilience is a really important attribute for us to work on. Essentially, it is the ability to adapt well in the face of challenges, changes and difficulties in life and to be able to recover from set-backs. We can all find this tough at times and we hope this sheet will provide you with some tips and tricks to help!

Everyone finds enjoyment in different things, whether it's playing an instrument or a sport, dancing, working on a hobby, skateboarding, listening to music or going for dog walks. When we do something we enjoy we can often lose track of time and feel satisfied and alive when doing it. Finding something we enjoy is important and helps us with our resilience as it gives us space to leave troubles and concerns behind and to lose ourselves in doing something.

Helping others can help us take the focus off ourselves.

Everyone experiences tough patches in life at times. You are not alone.

It's normal in life for bad things to happen. It's how we deal with it that is important.

Bad feelings don't last forever.

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7

Why not write or doodle some things you enjoy doing or would like to try doing?

We all need relationships and connections with other people where we can enjoy time with them, but also who we know can be there to support us when we need them. Use the mindmap below to write down some people in your life who bring you joy, support you or who you think you could talk to when life feels tough. Think about who you live with, go to school with, see at clubs/church etc.



LOOK AFTER YOURSELF

We are naturally more resilient, and feel more positive, when we look after ourselves and our bodies well. This means things like getting enough sleep, eating a mixture of foods including fruit & veg, exercising & getting fresh air and also, resting enough in our busy lives.

Use the little boxes below to rate how well you think you are doing in each area out of 10 and write 1 thing you can do to look after yourself that you aren't already doing. (Ask a family member or friend if you get stuck.)

SLEEPING

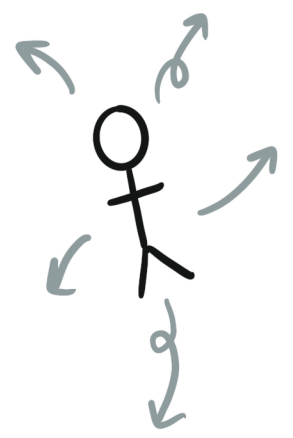
EATING

EXERCISING

RESTING



One way to look after myself is _____



TAKE ON A CHALLENGE

Choose your own challenge. Something a little tricky to do. Like learning a new football trick, a language or running your first 5k. Set a target for when you want to do it by and make it a realistic challenge. By choosing something difficult to do, you will face natural set backs and overcome obstacles which will help build your resilience.

What challenges could you set yourself?

PURPOSE AND MEANING

What larger purpose do you feel connected to?

Having an answer to this can drive us towards fulfilment. Living out our values and doing what matters to us is important, so that we can find meaning. This can help us with resilience.

Youth for Christ believe Jesus has the answer to meaning and purpose and that we can find words on this contained in the Bible. Jesus said, "I am the way, the truth and the life; no one goes to the Father except through me." (John 14:6) He is the one who can guide and lead us in the way to live our lives and find real purpose.